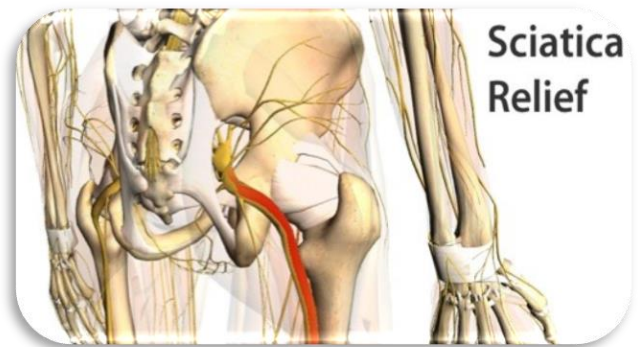


## Sciatica Sufferers Receive Relief without Drugs or Surgery

Millions of adults suffer from sciatica. The symptoms associated with sciatica range across a broad spectrum. Some sufferers experience only slight annoyances while others endure debilitating and radiating leg pain and weakness. Most sciatica sufferers tend to rely on potent prescription pain medications in order to achieve some semblance of relief. **Many of those medications risk dangerous side effects.** Some sciatica sufferers even describe the pain-relieving benefits of the medications as not being worth the consequences of the side effects. Imagine someone willingly choosing physical pain rather than cope with the side effects of relief.

Sciatica presents as uncomfortable symptoms and sensations beginning in the low back and radiating down the large sciatic nerve in the back of either leg. The radiating sensation that travels down the leg may be described as a pain, ache, tingling, numbness, or pins and needles-type feeling. The aptly named condition originated because the pain travels down the large nerve in the back of the leg called the sciatic nerve.



The cause of sciatica varies from person to person. Many underlying factors contribute to the presence of sciatic-type symptoms ranging from herniated discs, muscle strains and scar tissue to inflammation of tissues, bone fractures, and many more. Adults over the age of 55 also experience degenerative changes in the spine, stenosis in the lower back, and other conditions known to complicate or exacerbate sciatic pain. **The causes may vary but the location and type of discomfort takes on similar patterns.**

Research shows that the benefits of a specific Chiropractic adjustment to the low back resulted in complete resolution of sciatic symptoms in over 55% of the study group receiving adjustments. Those suffering from low back pain sufferers experienced a five-fold greater response following an adjustment than those who went untreated.

The science and research will paint a picture of relief and optimism for sciatic sufferers. Chiropractors continue to pursue the education of all people when it comes to options available for those seeking a minimally invasive form of health care free from the harmful side effects of prescription drugs. Too often medical doctors, neurologists, and orthopedists withhold transparent options for patients seeking relief. Many people remain unaware that relief exists outside of drugs and surgery.

Evidence based research and data shows that natural Chiropractic care represents one of the best noninvasive options available to children, adults, and senior citizens suffering from any painful condition, including sciatica. Chiropractic offers a primary intervention focused on a long-term outcome that cannot be found from drugs or surgery – healing and restoration. **Let Chiropractic help create a tomorrow free from pain.**